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## **FEEDBACK**

### *Pain Control During Dental Treatment*

*Joy Supplee writes from Walnut Creek, California, about pain control during dental treatment.*

I needed to have three new cavities filled, and ten mercury fillings (in my mouth from 20 to 35 years) removed and replaced. The night before the procedure I played the *Pain Control* tape continuously while I slept, and then again on awakening. The dentist was curious and supportive of my decision not to have gas or injection, and made it possible for me to play the tape while he worked. I was not overly confident that I would make it through unaided by anaesthesia, but I was highly motivated to try. It had been well over 15 years since I had allowed a dentist to look in my mouth, due to my fear of pain. There was no discomfort as he removed, redrilled, and cleaned out seven of the old fillings. Growing more confident, I signaled him to continue. The last three were deep, large cavities that he needed to redrill even deeper. He worked for one-and-a-half hours to complete all the drilling. We took a break. I rose from the chair with 13 gaping holes in my mouth, my body a little stiff from holding tension, but feeling great.

Thinking the worst was over, I switched to a favorite popular music tape to enjoy while he filled the cavities, and was caught totally unaware by unexpected pain. In need of immediate relief, I used the number sequence suggestion from *Pain Control* instead of taking time to switch tapes—and I was fine!

What a pleasure to have completed the entire procedure in one visit, nearly free of pain, and feeling fine afterwards! I feel involved and part of the development of an extraordinary technology. Thank you.

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